

Baked Salmon with Lemon & Dill

Ingredients

- 2 salmon fillets
- 2 tablespoons olive oil
- Juice of 1 lemon
- 1 tablespoon fresh dill, chopped
- 2 garlic cloves, minced
- Salt and pepper to taste

Instructions

1. Preheat oven to 400°F (200°C).
2. Place salmon fillets in a baking dish.

3. In a small bowl, mix olive oil, lemon juice, dill, garlic, salt, and pepper.

4. Pour the mixture over the salmon.

5. Bake for 15–18 minutes or until salmon is flaky and cooked through.

Health Benefits

This recipe is rich in omega-3 fatty acids, vitamin D, and antioxidants from lemon and garlic. Dill provides anti-inflammatory properties.